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## Food for Gods from the Buffet

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wiches made with celery, grated carrot of parsley on very thinly sliced whole wheat bread? Nursery school menus have suggestions to offer to even the most ingenious meal planner, from the nutritional as well as the novel aspect.

There is nothing novel in the next step, which follows the completion of dinner. The wash room is the scene of much activity as each child undresses and gets ready for bed. The shuffling of bedroom slippers marks each entry into the sleeping rooms, where an individual cot is waiting for each child. A few subdued whispers and giggles are heard—then all is quiet as fifteen drowsy children are off to sleep for two refreshing hours.

Bill's first day at nursery school is coming to a close. There remains only a hurried dressing to allow time for a few moments of play on the Jungle Jim slide before he must leave for home. Once again, as it had been early in the morning, the yard is filled with energetic, vivacious children, only to settle down within a short time to an impatient quietness, awaiting the return of morning, with running feet and happy

*Adult encouragement lightens the everyday tasks.*



voices.

It has been laughingly said by some that a nursery school offers opportunity for the return of "rugged individualism"—a place where self expression is foremost and regard for others is forgotten. It can be seen, even from this brief survey of the day's major activities, that while the development of individualism

is encouraged, it cannot be adequately and satisfactorily obtained with disregard of and isolation from the group. The development of a well rounded individuality, capable of working and playing harmoniously with the group, is one of the foremost principles which the nursery school is constantly striving to achieve.

## Food for Gods from the Buffet

By Helen Miller

**T**HERE was a time, not so long ago, when to invite ten or more people to a "sit-down dinner" at home took all the courage we possessed. But today, even though our dining room may be small and we cannot comfortably seat more than six or eight at the table, we are learning how to entertain easily and happily almost any number of guests.

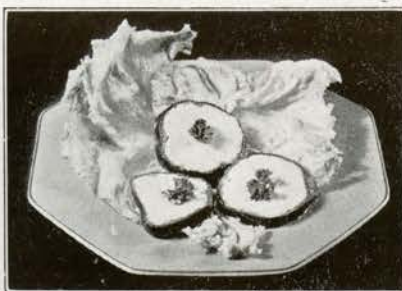
The young couple living in a small bungalow can make light work of a bountiful dinner for "four or more tables of bridge" and give everyone a glorious time. So, too, the host or hostess with an apartment of just a few rooms may take it as a lark to gather a dozen or more congenial guests for a friendly feast. In fact, more and more of us are adopting the simple, delightfully informal buffet meal—a meal which appeals to men and women alike and which serves almost any number of guests.

One of the nicest things about a buffet luncheon, dinner or supper is that it is always so flexible. For example, if your home is small and you have invited quite a few guests, all you need is a fair-sized table, placed where it is most convenient, and enough comfortable chairs in the same or adjoining room. The buffet fare may be attractively arranged on the table.

The buffet menu should be such as

to minimize the danger of holding a plate on the lap, and so foods that need knives or that must be served in sherbet glasses should be saved for some other time. Individual trays may be used.

The mere fact that it is an informal party does not mean that anything can be casual about it. There are two things to be considered about any party, and especially for a buffet meal—the first is the food and the second is the service.



For the "stand-up" luncheon you can dispense with a number of things which are considered essential at a "sit-down" affair. Soup, for example, is not necessary. Confine yourself to two courses, but these must be ample and good. A hot dish such as crabmeat, a meat or chicken pie or chicken croquettes with relishes, buttered hot bread and a crisp,

crunchy salad provide an ideal first course. The luncheon should be topped off with a dessert and a hot beverage.

Again, there are two ways of handling this type of party. You may have bridge tables set up in the dining room, hall or living room with knives, forks and glasses already on the tables. Or you can let your guests sit about the house as they please, holding their plates, silver and glasses. The former way is more formal, and undoubtedly more comfortable as most women, and all men, like to sit down at a table for their meals. Men, in particular, get tired of balancing a plate on their knees.

I cannot help but suggest a menu for a buffet meal which seems to fit right in—a menu made up of homely dishes that we have unfortunately classified as plain food. However, down in your heart you'll say, "Dishes fit for gods and men!"

In fact, I'll venture to say that many times the Greek gods would have gladly traded their Olympian diet of nectar, ambrosia and golden apples for this good old New England menu:

Individual Pots of Baked Beans	
Frankfurter Bacon Rolls	
Vegetable Salad	Brown Bread
Mustard Pickles	Assorted Cheese
Raisin Walnut Turnovers	
Coffee	